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residents as well as faculty members to help you with important tips and tricks to guide you through your night float rotation it includes topics which the night float is most commonly contacted about by nursing staff each topic includes the information you this handbook is meant to serve as a guide to the practice of internal medicine all information contained within is believed to be reliable and accurate but is by no means exhaustive on any one topic the guidelines found within are only recommendations as to the practice of medicine tips for intern survival by kristin burati october 15th 2015 residency 5 comments ahmad yousaf md former 2015 16 ambulatory chief resident in internal medicine at rutgers new jersey kub and dre may assist in evaluation general step wise approach to constipation o step 1 milk of magnesia po or miralax po or lactulose po o step 2 bisacodyl suppository o step 3 tap water enema soap suds or lactulose enema avoid milk of magnesia and fleet enemas in renal 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